



LISA'S NATURAL PATH

Herb shop + wellness center

January LNP Newsletter 2017



Dr. LISA'S CORNER- "Time to Change Your Oil"

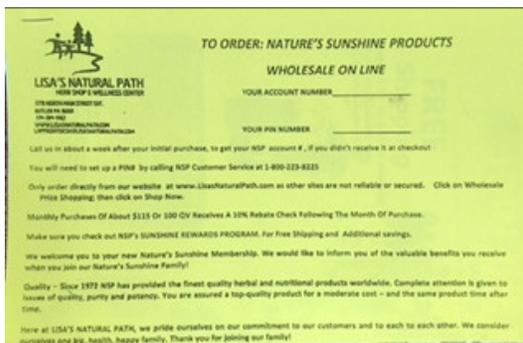
Happy winter everyone! Now that the Holidays have come and gone it's now time to Detoxify all the sugar, alcohol & carbs and get back on track whether you want to lose some of the Holiday weight or just feel better and get some energy back.

- 1) Do a Gentle, 2 week, whole body, detoxifying cleanse. My Favorite is **Clean Start Mild**. You take a set of 2 different packets 2 x a day. One has Aloe, Bentonite clay, & fiber to soothe and calm and the other has mild herbs to draw and flush all the toxins and undigested food gently and thoroughly over the 2 week period.
- 2) Eat healthy
- 3) Drink lots of water

4) Feel like a million bucks at the end .

I recommend it to all my clients 4 x a year. You change the oil in your car every few thousand miles but, no one thinks about cleaning out the internal environment of your body.

* This is the 1st Step to losing weight but, if you want to learn more to help you Regain Your Health, Lose Weight, Lower Blood Sugar, Cholesterol & Blood Pressure make sure you come to my Free class on the IN.FORM program this month.



EDUCATIONAL CLASSES AND EVENTS

Check out our "NEW" updated website

www.Lisasnaturalpath.com

for a complete list

EXERCISE CLASS SCHEDULE

Monday - 5:00 pm - Walk Yourself Fit

Tuesday - 9:30 am - Organic Yoga

Wednesday - 5:00 pm - Walk Yourself Fit

HEALTH TIP

Have Bloating, Get sick frequently, Bowel Issues, Stomach Issues, Can't lose weight?

My #2 on the everyday basics list is



Probiotics.

As 70% of your immune system is in your Gut you need to keep it Happy & Balanced. Many things in our daily lives destroy the good bacteria causing the bad bacteria to get out of balance creating havoc in your bowels and stomach. You need a good Multi-strain live probiotic formula. Our favorite is **Probiotic11**. Just 1 with each meal and keep it cold as they are live and your body will thank you.

DO YOU NEED VITAMIN DDDDDDDDDDDDDDDDDD?

Have Osteoporosis? Weak Bones or Teeth? Get sick a lot? Need Energy? Foggy thinking? Moody? Heart Issues?
We are all deficient in VITAMIN D that live in the Northeast so make sure you take 4000 IU's a day of D3 which is the only bioavailable source. That's just 2 Nature's Sunshines food base supplement.

KITTY'S CORNER

It is important to realize that just as we try to eat toxin free and take quality supplements for our health and well-being, what we put on our skin is important also. Our skin is a carrier, not a barrier and anything that you put on your skin has the potential of entering your bloodstream within 26 seconds. The face and scalp have the highest absorption rates – actually 5 to 10 times higher than other parts of the body.

Lisa's Natural Path now offers PUREhaven ESSENTIALS to give you a non-toxic, organic, non-GMO alternative to Pharmacy and Department Store brands.

Come in and check out these products, they are the basics in good skin care:

- * PUREhaven ESSENTIALS Cleanser
- * PUREhaven ESSENTIALS Toner
- * PUREhaven ESSENTIALS Moisturizer

In our Herb Shop we offer:

- Worlds Best, State of the Art, pharmaceutical grade, pure Supplements,
- Authentic Essential oils, Himalayan Salt lamps, Essential oil home and car diffusers, Organic teas, Health foods, Pure Haven all natural Skin care, make-up, hair care & more.

In our Wellness Center we offer:

- Massage Therapy, Walk Yourself Fit classes, YOGA classes,
- Health Evaluations with testing or Consultations by appointment with our own Holistic Doctor (Naturopath)
- Free Herbal Hours on many different Health topics,
- Our IN.FORM regain your health & lose weight Program that is changing lives,
- Colon Hydrotherapy, Far Infrared Sauna, Harmonic wave energy balancing, NAET Natural Allergy Elimination treatments, Allergy Scanning, Thermography Scans, Energy/Detox Foot Soaks, Paraffin Hand dip treatments, & Ear Candling.



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